Finding Renewal Amid Life's Demands

How do I make room to be restored when my life is already full of things that matter?

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The Invitation

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." (Matthew 11:28-30, KJV)

"Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat." (Mark 6:31, KJV)

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Two Ways of Receiving His Care

Renewal: God restoring and strengthening us for life with him and love of others.

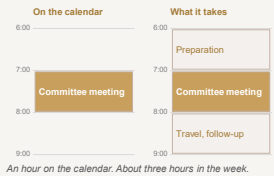
Make room to rest	Bring the day to Christ
How can I protect a chance to stop and receive?	How can I live these responsibilities with him?

Neither makes the other unnecessary.
Begin where the need is greatest.

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Good Things Still Take Time

The goodness of each commitment does not tell us whether all of them fit within the same life.



An hour on the calendar. About three hours in the week.

What does this really require?
Preparation, travel, follow-through, recovery. Not only the slot on the calendar.

What does this yes displace?
Rest is among the things it can push out. And the people who share your life.

What could change in this season?
Declined, simplified, shared, done less often, or renegotiated. Not always abandoned.

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Protect a space for rest

Rest needs more than an intention. It usually needs a changed agreement: something declined, something simplified, or someone who shares the evening.

	Thursday, as it usually goes	Thursday, with a few decisions	What changed
5:00	Supper, the full version	Supper, simplified. Soup is supper.	Simplified
6:30	**"Free." Fills with whatever is unfinished**	**Rest. Someone else has agreed to take the evening.**	Shared
7:00	The new coordinating role that landed here	The new role: declined for this season	Declined
8:30	Children's bedtime, then catching up	Children's bedtime. The unfinished job has a Saturday slot.	Rescheduled
10:00	Still coordinating tomorrow	In bed. Tomorrow's list can wait.	

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Let the Rest Actually Be Rest

Having made room, what would it mean to receive something in it, instead of turning the space into another assignment?

- Sleep
- A meal that is not hurried
- A walk
- Prayer
- Reading for the pleasure of it
- Companionship
- Quiet without a task

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Returning our Attention and Trust to Christ



Notice

Notice what you are carrying.



Turn

Turn toward Christ and tell him honestly.



Entrust

Bring him the whole concern, including what you cannot control.



Respond

Continue with his help: work, a conversation, rest, asking for help, or waiting.

"Casting all your care upon him; for he careth for you." 1 Peter 5:7 KJV

As you are able, pause.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest."

What is one thing I would like to bring before him today?

Lord Jesus, here is what I am carrying.
I need your help.

Bring him the whole concern.
Ask his help with what is yours.
Entrust what you cannot control.
No particular feeling is required.

One space. One ordinary moment.

Consider both. Begin where the need is greatest

A space for rest

What do I need?

When could it happen?

What needs to change, or be shared?

Or: the conversation I need to have to find out.

An ordinary return

When might I remember to turn toward Christ?

What simple prayer could I offer there?

"When ____, I will turn toward Jesus."

Questions

Bring your actual circumstances. The ones that do not fit the example are the most useful.

To go further:

- Grounding: A Skill for Living with Demands article
- A Skill for Living with Demands: Grounding Podcast Episode